

REDUCING Anxiety and Worry

Unresolved anger, fear, and other difficult emotions are common sources of stress. Dealing with these emotions may help to decrease anxiety and worry and improve your overall wellbeing.

Eating right, exercising, and getting sufficient sleep are the best tools for managing anxiety and worry. Other ways to cope with the stresses of daily life and worries about the future include:

- **Maintain perspective.** It's easy to lose perspective when you are stressed by the day's events. When you feel overwhelmed, take a step back and look at the big picture of your life. Focusing on what is going well and on your dreams for the future may make it easier to get through the crisis of the moment.
- **Establish healthy boundaries.** Boundaries let other people know how far they can go before they infringe on your personal integrity. Setting clear boundaries helps minimize misunderstandings and conflicts.
- **Manage anger.** Feelings of anger are often the result of disappointment because events did not go as anticipated. Focus on what you can control and practice letting go of those things that are not within your power. In addition, you can ease interpersonal conflicts by working on your communication and listening skills.
- **Be thankful.** When it feels like nothing is going right, make a list of at least ten things for which you are grateful. Over time, this may help you to develop a more positive attitude.



- **Set goals.** Have both short and long-term goals and work steadily toward achieving them.
- **Explore your spirituality.** Strengthening your spiritual beliefs may help you to put feelings of anxiety or worry into perspective.
- **Learn to forgive.** Grudges get in the way of spiritual and emotional growth. Letting go of past slights and hurts opens up emotional energy that you can focus on your plans for the future.

For more ideas on how to reduce anxiety and worry, contact LifeMatters.

Source: Krames Staywell

LifeMatters® professionals are available 24 hours a day, every day of the year to discuss a variety of concerns.

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